

Healthy Habits Challenge Estimated Costs

Expenses:

Copying

- ✓ # of months x # of students x cost per copy = total cost
[Bozeman School District cost is \$.02 per page; cost for 550 students for 5 months was \$55.00]
- ✓ Each student receives a one-sided copy of each monthly challenge (copying could be done monthly prior to giving challenge sheet to students or could be done for entire length of program, storing copies until time to handout to students)

Prizes

\$5.00 per week possible (if giving only weekly prize)
Some schools also give a grand prize at the end of the yearly Challenge (bike, pogo stick, e.g.)
Donations help keep costs down
Suggestions: hula hoops, sidewalk chalk, badminton set, football, Frisbee, playground balls, kites, jump ropes, plastic bat & ball sets, tickets to sports events, e.g.

Supplies

- ✓ Weekly challenge slip deposit box (can make)
- ✓ Weekly challenge signs in noticeable locations to remind students & parents (can be made; place by gym door; by lunchroom door)
- ✓ Announcement slips to give the office to inform students who won the weekly prize

Sources of funds:

Parent Council of school
Donations from local businesses, sports events
Grants
School Budget

Publicizing and Marketing of Program

School newsletter (frequently)
Parent group (speak to them; get information in their newsletter home)
Classroom teacher newsletters
Letter to editor in newspaper
Open House at your school (have a table and information to explain program)
Health Enhancement classes
Lunch program (verbally, on menus, signs)

Submitted by Christine Fisher, MS –health enhancement teacher at Emily Dickenson School (chris.fisher@bsd7.org). Information based on the Challenge when implemented in the Bozeman School District during the 2007-08 school year.